

CARTREFI CO-OP

The newsletter for everyone!

**BUMPER
Summer
Edition**

CARTREFI FEST
GWYLIAU CARTREFI
2021

YOGA

MUSICAL THEATRE

MAGICIAN

STREET DANCE

ARTS & CRAFTS

COOKING

BINGO

SING ALONG

AND MORE!

Monday 9th - Saturday 14th August 2021
Via Zoom

Tickets Coming Soon

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Colwyn Bay must have the cleanest cars in Wales - page 4

MY POEM

Read Lewys's beautiful poetry that won him an award - page 5

WRITERS CORNER

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A MESSAGE FROM ADRIAN (CEO)

Hi everyone,

Welcome to this bumper edition of Co-op News which is full of great stories and pictures of people doing great things, useful information about our Finance and HR teams and a selection of quizzes. Plus, of course, on this front page is a poster about Cartrefi Fest, our new festival for the people we support.

A big thank you to everyone who has volunteered to run an activity session during the Festival week. There are lots of different sessions to choose from, and something for everyone. The programme of events will be coming out soon so get ready to book your tickets.

It's going to be great opportunity to meet new people and old friends from across Wales. Hope to see you at as many sessions as I can!

Best wishes, Adrian



EXPLORING MY NEW HOME

by Ben Parry

I moved to Brecon in April and since my move I have been doing lots of walking and exploring of my local area. I really like walking because I get to see the birds and the wildlife and its good exercise.

I always enjoy going out in the fresh air and I like to take every opportunity to explore somewhere new.

My latest expedition was to Usk reservoir and Glasfynydd forest.



Pictured: Ben at Usk Reservoir

To prepare for the walk I made a packed lunch and a drink. It's important to have a drink or you will dehydrate.

It took me about 3 hours to walk around the full circuit of the reservoir. I saw lots of things including lots of birds, people fishing, people walking their dogs and we even met a rabbit along the path.

I felt really proud to have walked the whole way round plus I didn't get caught in the rain!

I really recommend the walk because the scenery is beautiful. I am looking forward to exploring further, and hopefully visiting Usk again.

MY HOLIDAY TO KILN PARK

by Michael O'Donnell

This year I was able to go on holidays to Kiln Park in Tenby. I stayed in a fantastic caravan. My bedroom had its own ensuite and tv. I really enjoyed myself and visited different places. I went to St David's, Caldy Island and went on a nature boat trip.

I saw different birds, seals and was lucky enough to see Wally the Walrus! The weather was good and I did lots of walking. On my way home I visited Laugharne Castle.

I would describe my holiday as 'stunning' and I am already excited for the next one!



Pictured: Michael enjoying his holiday

ABBIE'S AIDE TO INDEPENDENCE

by Ann Price

Abbie Hughes spent a little time at our Brecon Short Stay & was pleased to be able to show staff her handy aide - Other similar products are available but Abbie says this is her favourite.

Abbie said "The Spillnot is a great tool for disabled people, people with poor mobility or who are wheelchair bound can use it. It will increase their independence.

I was given the Spillnot as a gift for Christmas from a family member, at first, I was a bit worried that it would spill but the more I used it the more confident I became.

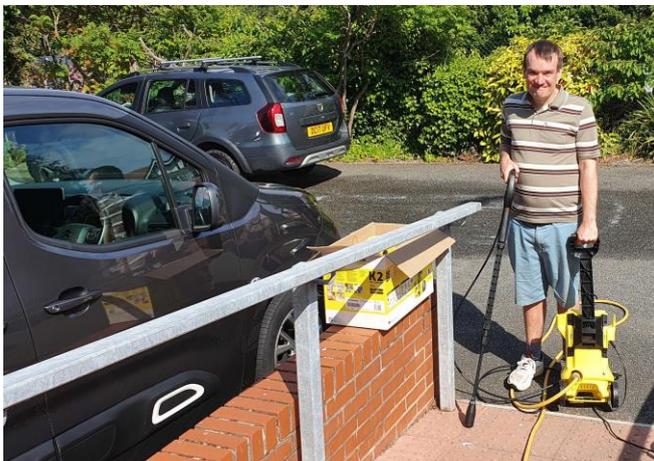
Now I don't have to rely on other people to bring my drinks in the other rooms for me, it has increased my confidence and I would highly recommend it"



Pictured: Abbie and her Spillnot

CAR WASH CHRIS

by Neil Bastow



Pictured: Chris with the pressure washer

Chris Davies from Colwyn Bay has made the most of the good weather and his new pressure washer by cleaning all the cars at the house for only £2.00 a go!

Chris is saving all the money so he can spend it on his next holiday with his Mum.

Chris is doing this weekly now as part of his Active Support programme. Staff say their cars have never been so shiny!

Chris says he really likes this activity and should start a business!

CAKE SALE TO HELP DEMENTIA UK

by Alys Phillips

Congratulations Sunny Court for holding a cake sale and raising an impressive **£828** for Dementia UK. Nicola Palmer said "they had lots of fun making the cakes, and meeting people on the day".



Looks like you had enough cakes to fill the whole of Gwynedd!

HELPING 'BY HOOK AND BY WOOL'

by Barbara Lesnik

My name is Barbara Lesnik. My parents were Polish. At the age of 14 I taught myself to crochet, which turned into my lifelong passion and hobby. I love nothing more than picking up my crocheting hooks and wool and making blankets.

Before the first lockdown, I stocked up on plenty of wool. I didn't know how long I might have to isolate for and wanted to keep myself busy. After watching reports on refugees and the homeless on the television I knew I wanted to do something to help. When lockdown came around, I started crocheting many, many blankets.

In August 2020, I donated the numerous blankets I had crocheted to the Salvation Army. I was invited to a presentation with the Chief Superintendent, who proudly presented me with an Achievement Certificate in recognition for all my hard work.



Pictured: Barbara and the blankets she made



Pictured: Barbara receiving her award

Just when life seemed to return to some type of normality, the second Covid wave hit. I, like many others, had to re-isolate. I carried on crocheting even more blankets and recently donated them for a second time to the Salvation Army, where I was presented with another Achievement Certificate from the Chief Superintendent.

I enjoy crocheting and like to do this to help others. It also kept me busy when we were in lockdown and I felt very proud when I received the awards from the Salvation Army.

My crocheting is my life, no matter where I go my hooks and wool come with me, even on holiday.

POWYS GOES BONKERS FOR BINGO!

by Katie Phillips

An online bingo session was set up in memory of Sharon Wieland, a committed bingo fan. Invites were sent to people from Brecon and surrounding areas. Delyth Prosser, the bingo caller kept everyone entertained. Everyone enjoyed themselves and had lots of fun, and in the end, everyone won a prize! Glenys Owens, who was one of the first to win, said she was happy that she had won, and really enjoyed seeing everyone on her screen from her own home. Nae Cook, from Builth was inspired to set up her own Bingo session. She had prepared her own bingo cards and took her role as bingo caller very seriously.



Pictured: Delyth calling the bingo numbers

Lots of people joined in and Nae said she was very proud of herself for setting it up. Nae is really looking forward to running another Bingo session during Cartrefi Fest which is being held on Wednesday 11th August.

OUR GARDEN

by Graham Evans

In the Spring I planted lots of bedding plants and seed bombs. I planted Marigolds, Fuchsias, Geraniums, Salvias, Dianthus and Petunias.

I also planted Sunflower seeds and made a little pond using a large plastic tub, rocks and river plants. There are also Alliums which I planted in the Autumn.

I enjoy gardening, it makes me feel happy. Aled, who I live with, enjoys sitting in the garden too. The flowers are attracting lots of bees, It has made me a better gardener and it is now a nice place to sit and enjoy.



Pictured: Graham in his garden

Pictured:Graham'sflowers

I was here

MY POEM

by Lewys Rapardo Evans

Old Welsh mountains
Crumbling under foot
Hot summer's day
Battles rage on
Princes and knights once marched up here
Now we travel for the fun of it
In unsuitable shoes and jackets to keep us warm
This day too will grow foggy with age
Just as the battles of royalty have as well
But still they happened
Still they mattered
They were here
We were here



Lewys submitted the above poem and countryside shot as part of a competition run by Detached Youth in Powys. Congratulations Lewys on being awarded joint second place.

FATHERS DAY CRAFTS

by Rebecca Biginton

Susy and Hayley from Carmarthenshire took advantage of Father's day this year and prepared some homemade gifts. As you can see, they painted mugs and designed some thoughtful cards.



Pictured: Hayley



Pictured: Susy

SELWYN CHIMES AT MEIFOD CHURCH

by Selwyn Peate



Pictured: Selwyn pulling the bell



Pictured: Selwyn unlocking the church

I usually help out in my local church as a bell ringer in Meifod, but due to lockdown I haven't been for over 12 months.

On April 17th, the day of Prince Philip's funeral I was asked by the vicar to go and get the key to unlock the church and pull the bell 99 times, once for every year Prince Philip was alive.

Everyone in the village heard me pulling the bell and was very grateful.

On the 3rd of July I was asked to pull the bells at a wedding when the bride and groom walked down the aisle. The vicar and the bride and groom came to thank me after the ceremony!

SURFS UP!!

by Rhys Gatis



Pictured : Dan catching the waves



Pictured : Dan being helped by his instructor

Dan from South Powys went to Caswell Bay on the Gower for a surf lesson. Dan said, 'The building is lovely, and I saw it being built on DIY SOS! I had a fantastic time and loved the feeling of catching a big wave! The Surfability team are fantastic, and I can't wait to go surfing again.'

I really enjoyed surfing and never thought that I'd ever be able to do it but I did! And I really enjoyed a well-deserved coffee and ice cream afterwards!

EURO 2020

by Llywela Wyn Jones

Andrew celebrated the EURO 2020 championship by creating a display board. He cut out the different teams' flags and coloured them in.

Andrew was very proud of the Welsh teams' achievements.



Pictured : Andrews finished display board

ONLINE MAKATON CAFE

by Katie Phillips

Tracey Mason, an assistant service manager from Llandrindod has been practicing Makaton for over 20 years. She was first introduced by a college tutor whilst supporting someone at the college.

Tracey has always loved sign language as another way to communicate, she believes it's a great way to overcome communication barriers.

Tracey holds a regular Makaton Café – this involves bringing people together to teach them Makaton, this includes people Cartrefi

supports, support workers, and people from outside of Cartrefi too. She focuses on teaching day to day things like colours and food and keeps the sessions fun by signing to songs too!

Tracey would love to be an official Makaton trainer for Cartrefi, she believes it's important for people to know Makaton as it's a fantastic skill to have and it's a lovely thing to learn.

Tracey was originally running the Makaton Café from the Llandrindod Office where there was always tea and biscuits on offer! Since January 2021 Tracey has been running the café online which has been difficult, staff are dressed in face masks, visors, aprons and gloves which makes facial expressions and body movements hard to read.

Despite this, staff and the people receiving support have been enthusiastic to learn but can't wait to get back to meeting in person, and enjoying cake together!

Sian, who regularly attends the sessions says 'Tracey is really helpful and patient and always provides us with a fun way of learning and using Makaton – especially the singsong'

Sian's support worker said 'The sessions are very useful to myself as well, as I am a new learner to Makaton and these sessions enable me to support Sian better and interact with others that use Makaton to communicate'.



Pictured : Tracey teaching Makaton

A'SLICE' VISIT TO THE OFFICE

by Bethan Davies

Hayley and Sue have been busy in the Carmarthen office, whipping up homemade pizza's topped with Ham, Pineapple and tomato. They looked and tasted absolutely delicious.



Pictured: Hayley and Sue having fun in the kitchen

MY PEANUT BUTTER BIRD FEEDER

by Llywela Wyn Jones

Nigel John Roberts from Harlech said "This is what me and my support worker did one wet and windy afternoon, as we felt sorry for the poor birds in the wind and rain".

To make a bird feeder like Nigels you will need:

- A toilet roll tube
- Peanut butter
- Knife
- String (about 12" long)
- Bird seed
- Scissors
- Tray or plate

Using the knife, spread a thick layer of peanut butter onto the toilet roll.

If the peanut butter is too thin, the seeds will not stick well. (Note: The toilet paper roll may absorb some of the oils from the peanut butter. This is normal and ok.

Pour the bird seeds onto a paper plate and spread it out evenly.

Now gently roll the toilet paper roll tube around in the seeds, pressing down gently to encourage as many seeds to stick to the peanut butter as possible. Use your hands to pick up and place seeds onto areas that don't get covered well.

Run a string through the holes of the toilet paper tube. This bird feeder will hang horizontally. Bring the two ends together at the top and tie the string into a knot.



Pictured : Nigel making his feeder



Pictured : Nigel's finished feeder

OAK CLOSE WILDLIFE CHALLENGE

by Llywela Wyn Jones



Pictured : Beryl & Ed

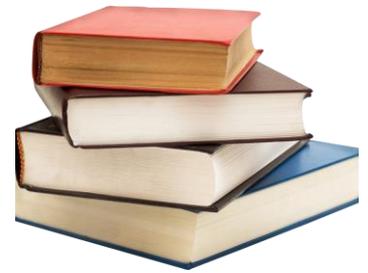


Pictured : Beryl, Michelle & Ed

Everyone at Oakclose enjoyed taking part in the Wildlife challenge hosted by the Wildlife Trust.

They started with Wildlife bingo whilst out walking around their village, Ed enjoyed colouring in the Wildlife Trust event poster. Then they decided to make a nature inspired cake; It was decided the theme would be based on trees and it would be a two layer tray bake to represent the earth and soil and inside the centre would be worms using curly wurlies. They used chocolate fingers for the tree trunks and jelly beans to represent the leaves, they used broken up flake for the logs and bracken on the ground and Toffifee for mushrooms. Delicious!

ASPIRING AUTHORS



WRITING THROUGH LOCKDOWN

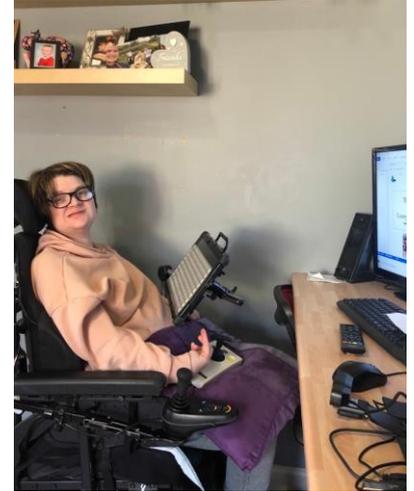
by Jennalee Hughes

My name is Jennalee from Bala, I have found lockdown hard at times because I haven't been able to clear my head which has made me feel down. The second lockdown felt easier because I kept myself busy watching movies and shows.

But what I liked to do most is write my story - I started writing when I was in school.

My story is about a woman called Lowry - she has a disabled son and a strange family. Writing is important to me because it gives me something to focus on. I don't know when I will finish it because I have lots of ideas to share.

Now that lockdown is lifting I am looking forward to going to the theatre to dance to music!



Pictured: Jennalee

THE GHOST IN THE CELLAR

by Malcolm Lewis

Malcolm is a lovely gentleman with a witty sense of humour and a keen interest in ghost hunts and writing ghost stories. He is an aspiring author and loves to share his stories!

In 1936, Sheila and Alan were living here with Cathy, Bridey, Bill and Jenny, their 4 children. The 6 of them went over to the field to dig the potatoes out and put them into sacks. They picked until 12 o'clock and returned to the house for some lunch of broth and bread. From the window, looking over to the fields, they could see a black figure in the corner of the field. It was the ghost of Mr Llewellyn. At 5 o'clock that night the 6 of them put the potatoes onto the trailer and we saw a black panther come down to the field. They all jumped onto the trailer, terrified. They drove off quickly to the yard and loaded the potatoes in to the shed. Sheila went into the house to warm the broth over the fire and before long, it was ready.



Pictured: Malcolm's drawings

They all ate their tea together and once finished, Sheila said she was going to have a bath. As soon as she got into the water, she saw a tall, skinny figure looking at her. Sheila screamed and ran into the living room crying saying she will never go in there again. Allan went into the bathroom and got into the tub because he didn't want the warm bath to go to waste.



Pictured: Malcolms drawings

Allan shouted to the rest of his family 'You're a bunch of babies!' Allan was relaxing in the bath and the ghost poured a bucket of colder water over Allan.

Allan jumped out of the bath and ran into the living room, panting like a fool. Sheila came over and said to her husband, 'I'd sooner be a coward than a corpse! Now do you believe me that this house is haunted?'

Allan said yes.

COUNCIL OF MEMBERS - YOUR VOICE IN SHAPING CARTREFI CYMRU

by David Wilton, Community Supporter Rep

One of the things that makes Cartrefi Cymru special is that it's a Cooperative. This means that every member has say in shaping the great work done. Our voices mean it is accountable and focused on doing what matters.

One of the ways we hold the Senior Management and Board to account is through the Council of Members. It has a good mix of staff, people supported and community supporters like me.

Council is a very welcoming group where all views are respected and listened to. Before we start our agenda, everyone gets a chance to say what they have been doing how they are feeling.

To give you a flavour of what is discussed here are 5 highlights from our last Council meeting.

- We quizzed the Chair of the Board of Management after he gave a formal report on what they are doing.
- We gave tasks to the senior management, and we keep track of these through a Rolling Action Plan.
- We heard how the new Trustees were getting on, after being selected by the Council.
- We gave suggestions on making Cartrefi better, including some good suggestions from support staff. Senior management will respond at the next meeting.
- We split into smaller groups to discuss how we can be a better at listening and help members more to have their say. There were great ideas from everyone.



Pictured: David

If you would like to be involved in making Cartrefi even better, please to let us know by emailing communication@cartrefi.coop.

There are lots of ways your voice can be heard. We can provide support and training for anyone who wants to take part.

Your views do make a difference.

ESCAPING TO ABERGLASNEY GARDENS

by Rebecca Biginton

Arron from Carmarthen took a trip to Aberglasney Gardens with support worker Dorothy Howell's. They were lucky with the weather; it was a lovely and bright spring day.

They enjoyed a gentle stroll around the grounds, admiring the colourful flower beds and beautiful surroundings.

Before returning home they stopped off in the café and treated themselves to some well-earned refreshments."



Pictured : Arron enjoying Aberglasney Gardens

FINANCE TEAM UPDATE



Hello from the Finance Team,

We've had a very happy addition to the finance team family recently; one of our Finance Officers, Sarah Parry gave birth to a lovely little boy. We're missing Sarah, who is on maternity leave although we very pleased for her and her family.

As ever, it's a busy time. Most of us are working partly at home and partly in the office, what's being called a hybrid model. We like this model of working and we get to have the flexibility to work at home and can still see some of our colleagues in the office. We are all available via Teams or Email whether we're at home or based in the office.

We're currently finalizing the 2020-2021 financial year end, making sure all our income and expenditure is accounted for correctly, and we are preparing for the audit which will take place at the start of September. We're continuing to develop some of the systems and processes in place, such as working with the operations teams to improve the petty cash and prepayment cards processes. Again, working with the operations teams, we're undertaking financial reviews for all the people we support, including housing benefit and Department for Work and Pensions benefits.

THE TEAM

Below is a list of Finance team members and their key roles to help you identify who is the best person to help you if you have a query:

Susan Coffey: Finance Director, focus on strategic financial management and Appointeeship

Suki Bamsey: Finance Manager, managing housing benefit and year end

Rachel Singleton: Assistant Finance Manager, managing the Finance Officers and year end

Stuart Jones: Senior Payroll Officer, managing payroll

Derren Watkins: Projects, Systems and Training Officer, focus on finance systems

Sarah Morris: Senior Finance Officer, focus on invoicing for: Blaenau Gwent, Bridgend, Caerphilly, Denbigh, Newport, Powys, Swansea; supporting Appointeeship

Davina Patel: Finance Officer, focus on invoicing for: Carmarthen, Conwy, Gwyneth, Monmouth, Pembroke, RCT, Torfaen, the Vale

Tarnie Evans: Focus on invoicing for: Ynys Mon and purchase ledger

Anica Tobon: Focus on balance sheet such as debtors and bank reconciliations

Shirley Tam: Focus on administration such as distributing Appointeeship paperwork, and bank signatories

CARTREFI FEST WORDSEARCH

Can you find some the acts that will be taking part in Cartrefi Fest from Monday 9th August?

ARMCHAIR AEROBICS
ART AND CRAFT
BINGO
COCKTAIL MAKING
COOKING
DANCE
DRAMA
MAGICIAN
MAKATON
MUSICAL THEATRE
OPEN MIC
POETRY
QIGONG
SING ALONG
SOUL HOUSE YOGA



Word Search answers on page 13

HR TEAM UPDATE

Hello everyone,

We are keen to be able to better communicate with our workforce and as a result will now be providing a HR update for every newsletter. Through this we are looking to improve information available to our colleagues throughout the year and promote information and resources which you may find helpful. Please find below some useful information and some upcoming dates:

Have you taken your leave?

As we approach July we are officially a quarter way through the Annual leave year we want to remind all employees that if you have not already planned your leave, you should be looking to plan leave and discussing this with you manager.

The benefits of taking leave promotes good physical and mental health in the workplace and improves people's work-life balance, which reduces stress and sickness.

Cartrefi Employee Assistance Programme (EAP)

We have recently launched a new EAP service which is FREE to all our employees.

They can support you with in and out of work issues and are available 24/7.

Care first

Should you need this support you can access it by calling the Care first support line on 0800 174319 or visit www.carefirstlifestyle.co.uk.

You will need to enter the username - cartrefi001 and the password which is employee.

Cycle to Work Day - 5th August 2021

Cycle to work is for absolutely everyone.

It doesn't matter if you haven't cycled in year or have never cycled before this is just about giving it a go. All the cycling action will be happening on the free Love to ride online community you can sign up www.lovetoride.net/cyclescheme.



Why not plan an event in the scheme or even get together with the people we support and join in together? We would love to see some picture or videos.

We would also remind you of our cycle to work scheme via the Cartrefi employee benefit scheme. You can log into your Employee Benefits portal. You will have received this email back in December last year. You can access the Halfords cycle to work scheme via this website and make an application.

Submit your story, to be included in the next Cartrefi Co-op Newsletter



07741 310256



communication@cartrefi.coop

Stay Connected



Word Search answers

A	R	M	C	H	A	I	R	A	E	R	O	B	I	C	S
R	J	R	O	L	A	D	A	N	C	E	V	H	Q	O	I
T	B	I	A	S	D	K	C	P	Q	I	U	S	I	O	N
A	I	O	P	M	R	P	O	E	T	R	Y	J	G	K	G
N	N	P	S	I	A	L	C	S	K	R	K	X	O	I	A
D	G	O	V	T	M	A	K	A	T	O	N	Y	N	N	L
C	O	C	K	T	A	I	L	M	A	K	I	N	G	G	O
R	M	U	S	I	C	A	L	T	H	E	A	T	R	E	N
A	J	W	M	A	G	I	C	I	A	N	A	Q	X	U	G
F	S	O	U	L	H	O	U	S	E	Y	O	G	A	O	P
T	B	A	D	I	O	P	E	N	M	I	C	U	G	W	L